"The South 40"
by JAMES A. SMITH
EXTENSION AGENT

So you heat you home with electricity! You have individual room thermostats, but should the heat be on if the room is not in use?

This depends on the amount of insulation and the design of the home.

Some argue that to keep rooms not frequently used at the same temperature as the remainder of the home is too costly. While others take the position that rooms not heated cause the walls to become cold and cold drafts cool the remainder of the home.

The recommended practice is to reduce the temperature 5 to 10 degrees in rooms not frequently used. Remember the important thing is for the family to be comfortable and this will differ with people -- the layout of the home and construction.

* * *

The cost of living went up 5.7% from September 30, 1969 to September 30, 1970.

* * *

January 14 - 15 will be back to school time for Angus cattlemen. They'll be holding their 7th Annual Virginia Angus School at the Sheraton - Fredericksburg Motor Inn, Fredericksburg, Va.

Angus cattle owners should plan to attend.

* * *

Growing sorghum for the purpose of producing molasses appears to be a passing art.

Bryon Cole is one of the few that has mastered the fine art. I got a sample of molasses and it rates high over a stack of pancakes.

* * *

Although the consumption of vegetables remains steady at about 200 pounds per year, that portion which comes from the home garden has dropped from 126 pounds to 50 pounds.

Could this mean a decline in gardening as a hobby or more people moving to the urban area where gardening is more difficult.

In 1910 each person ate 66 pounds of apples annually, while today we eat only 20 pounds. We've changed fruits. Today nearly pound for pound of apples have exchanged for citrus fruits and most of this is in the form of concentrate frozen juice.

In 1910 each person ate about 2 quarts of strawberries annually. Today we eat only one quart. There's no finer crop for the home garden. Why not plan now for a planting in the spring.

* * *

Several days ago Warren Coleman, Monroe Dyess, and G. P. Jennings and I were on the Virginia Tech Campus to see the new portable farrowing house at the swine center. Mr. Jennings commented that many years ago he made a similar trip to see a wooden stave silo. He came back home and built one of the first in the country.

* * *

PRECIPITATION:

Last week	1.28
This month	1.58
This year	34.59

Ruritans Elect Officers

The Oakville Ruritan held its annual Husbands and Wives Night on December 18, 1970 at 7 p.m. at the Oakville School. The following new officers were installed President, Jim Nolan; Vice President, William O'Brien; Secretary, Travis Poole; Treasurer, O. W. Martin, Jr.; and Reporter, Ben Harvey. Mr. Bland Franklin of Richmond, Va. was the guest speaker.

EVERGREEN

Supper guests of Mr. and Mrs. A. B. Cocke and Dorothy Friday night were Mrs. Bessie Dowdy, Mr. and Mrs. Arnie Pickeral, of Lynchburg and Mrs. C. J. Paulette.

The 50th Wedding Anniversary of Mr. and Mrs. Zack E. Cheatham was well attended Sunday evening.

A number attended the burial services of Mrs. Kate Kurtz, Sunday evening at Evergreen cemetery.

Mr. and Mrs. Donald Hamilton of Newport News spent the week end with his parents, Mr. and Mrs. J. K. Hamilton and Richard.

Mr. and Mrs. Courtney Franklin and Virginia, Mrs. Jesse Franklin and Virginia Lee were in Lynchburg shopping Friday night.

Mrs. R. J. Paulette was luncheon guest of Mrs. R. W. Staples and Wilson Sunday.

The Christmas program was well attended Sunday night at Baptist Church here.

Mrs. C. J. Paulette has re- ed home after spending a k at Lynchburg with Mr. and .s. C. A. Lerner and visiting her sister, Mrs. R. E. Wooldridge, who is a patient at Lynchburg General Hospital.

Mr. and Mrs. Donald Dixon and family will spend next week end at Roxboro, N. C. with her parents, Mr. and Mrs. T. C. O'Brien.

Miss Elvira Martin of Lynchburg visited Mr. and Mrs. J. M. Harvey recently.

Mr. and Mrs. W. T. Massie of Hampton, Va. spent the week end in the home of Mr. and Mrs. Z. E. Cheatham.

For COLDS take 666

Pom Poms Complete Costume!

YES, Nancy, Patsy, Jacquetta, Karen, Drema, Connie, Melanie and Kitty, THERE IS A SANTA CLAUS! He (or a helper in the postal service) brought new pom poms in grey and blue last week just in time for the photograph. And with the Appomattox Raiders winning games here, there and everywhere, there's lots to cheer about. Want some last names to go with the "first" listed above? Ok from the left: Nancy Ranson, Patsy Jones, Jacquetta Robinson, Karen Cabaniss, Drema Edmunds, Connie Gull, Melanie Fulks and Kitty Simpson. The monograms for the attractive blue and grey costumes will be sewed on during the holidays.

Scientists Uncover Key Elements

ATLANTIC CITY – Two research teams recently reported key elements in the biochemical mechanism by which fats are cleared from the bloodstream.

The groups – one from Washington, D.C. and Bethesda, Md., and the other from San Francisco and Livermore, Calif., – independently identified two proteins in the blood that activate an enzyme required to alter fats so that they can readily be taken up and stored in adipose tissue, the body's fat-as-fuel reservoir.

The scientific teams presented their findings at the annual meeting of the American Heart Association's Council on Arteriosclerosis.

Scientists are eager to lay down the basic chemical blueprint of how fats are removed from the circulation for storage. Such detailed knowledge is likely to serve as a basis for understanding various disease states in which fat does not get swept out properly.

Elevated levels of fat in the blood, for example have been implicated as rasing the risk of heart attack. In some instances, these above normal levels may stem from a fault in the fat-clearance machinery.

The most potent of the newly-identified triggering proteins is called apo-LP-glutamate. The LP stands for lipoprotein, fat and protein in combination. The team-up of fat and protein makes the fat soluble, so that it can be carried in the blood. Apo-LP-glutamate is one of several small proteins in the lipoprotein complex.

This particular protein has the ability to step-up the activity of lipoprotein lipase, the enzyme (or promoter of chemical reactions) presumed to be largely responsible for breaking down the fats for uptake and storage by adipose (fat) tissue.

One group included Dr. John C. LaRosa of George Washington University working in collaboration with Drs. Robert L. Levy, Peter Herbert, Samuel E. Lux and Donald S. Frederickson of the National Institutes of Health.

The California team included Drs. Richard Havel and Dennis Bier of the University of California Medical School, San Francisco, and Drs. Virgie Shore and Bernard Shore of Lawrence Radiation Labora - tory, Livermore.

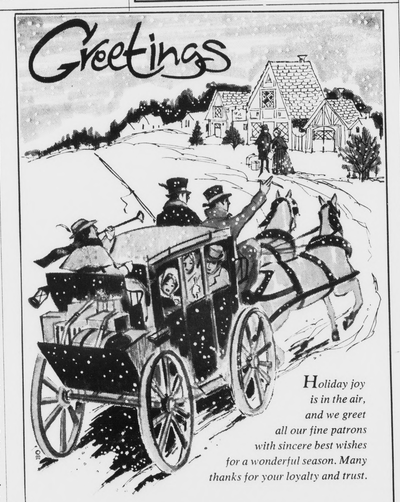
Meanwhile, Drs. Thomas F. Whayne, Jr. and James M. Felts of the University of Toronto presented additional evidence that heparin, and anti-clotting agent in blood, may also come into play as a regular of lipoprotein lipase activity.

Glad Tidings

At Christmas, greetings and wishes for the gift of happiness during the holiday season. Thanks for the past patronage!

J. A. Burke & Company
ALL FORMS OF INSURANCE
APPOMATTOX, VIRGINIA

Greetings



Holiday joy is in the air, and we greet all our fine patrons with sincere best wishes for a wonderful season. Many thanks for your loyalty and trust.

Wilson Adams, Tom Coleman, Fleming Drinkard, Virgil Fleshman, Marion Ford, Herbert Garrett, David Garrett, Sunny Harwood, Howard Johnson, Ned LeGrande, George Stevens, T. R. Martin, Ethelyne Megginson, Charles Mitchell, Perry Mobley, J. C. Layne

Appomattox Hardware Co.
APPOMATTOX, VIRGINIA

Smokey Says:

CARELESSNESS is the word for it!

Merry Christmas and A Happy New Year

To Everyone I Hold So Dear
I Send My Christmas Greetings
And I Pray All Through The Year
Good Fortune You'll Be Hearing

Mrs. Herman R. Mooney
Concord, Va.

Christmas Greetings

The beauty of the Christmas countryside fills hearts with warmth and good cheer. We take this time to share with you the traditional greetings of the season, and to thank you for your loyal support.

MAUDE'S RESTAURANT
ROUTE 460 WEST APPOMATTOX

Greetings
Like jolly old Santa himself, we've a pack of good wishes for a holiday season that will long be remembered for its good cheer, and its enduring happiness.

Bennett T. Matthews Inc.
Contractors & Suppliers
Route 24 East Appomattox

Church Services

ADVENTIST CHURCH

Rufus B. McDannel, Pastor
Sabbath School – 9:45 a.m.
Worship Service – 11 a.m.
Sabbath School Lesson No. 12
Dec. 19, 1970
Subject: The Home and Child Guidance
Key Text Scripture – "Train up a child in the way he should go: and when he is old,he will not depart from it." Prov. 22:6.

"The greatest school in the world is the home. The most important teachers are the parents of the child. The highest aim is to develop in the human soul the likeness of our common Father, our Creator, God." Christ's Last Legion. page 187.

This same author laments the fact that of all schools and of all teachers, the home and the parents have received the last constructive efforts for their making and training."–Ibid,p. 189. Parents are criticized and lectured and blamed for the ills of society; but criticism without help is destructive. What is needed is a well - conceived, systematic, persistant program of training parents." Ibid. This lesson deals with the home and its potential value as a school where children may learn from well- trained parents proper health and moral lessons. The results? a power that can penetrate a total society for good.

Lesson Outline –1. Power of Parental Example. Gen. 18:19- 2. Don't Discourage Your Children. Eph. 6:4. 3. Power of Prenatal Influence. Judges 13:4 4. John The Baptist's Parents. Luke 1:15. 5. Diet and Character Development Prov. 26, 2. 6. Parental Love and Concern. Ezek. 16:44.

In Gen. 18:19 God said this about Abraham "For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord to do justice and Judgement; that the Lord may bring upon Abraham that which He hath spoken of him." Read these texts to see how influence weighs upon all we touch with our lives: 1 Tim. 4:12, Phil. 4: 9, Titus 2:7, 1 Cor. 5:6,8:9,13. Eph. 6:4 reads – "And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

"But, fathers, do not discourages your children combine affection with authority, kindness and sympathy with firm restrait Give some of your leisure hours to your children; become reacquainted with them." "In this way you will be a strong influence for good." –The Ministry of Healing, pages 391, 392.

Parental Love and Concern, will express itself in a practical way –1. By teaching helpfulness and responsibility 2. In calm and firm discipline 3. In worship patterns that will link the hearts of the children with parents and with God. 4. In a life lived for the children as the parents first responsibility. Parents should live more for their children, and less for society. Study health subjects and put their knowledge to a practical use. Ibid, page 386.

Dear Friends please look up and real all the Bible texts.

Christmas Program At Hollywood Church

Pictured here are those who participated in the Christmas program at Hollywood Church Saturday night; Donna Cawthorn as Mary; Dale Jennings as Joseph; Nancy Maxwell as the Angel of Love. The other angels are Jewel Irby, Debra Scruggs and Martha Maxwell.

REEDY SPRINGS BAPTIST

Sunday School – 10 a.m.
Preaching –11 a.m. 1st Sunday
Preaching –7:30 p.m.–3rd Sunday

BIBLE BAPTIST CHURCH

Sunday School – 10 a.m.
Morning Worship - 11 a.m.
Youth Meeting - 6:45 p.m.
Choir Practice - 7 p.m.
Evening Service - 7:30 p.m.
WEDNESDAY –
Prayer Meeting – 7:30 p.m.

BECKHAM

Dec. 22 – Mr. H. O. Martin was Sunday dinner guest of Mr. and Mrs. Winston Martin. Also Mr. and Mrs. Frank Drumbelles and family.

Sunday dinner guests of Mrs. Mary Burge and Mr. and Mrs. Paul Burge were Mr. and Mrs. Hoover Burge and Mr. Earnest Kimbrough of Colonial Heights, Mr. and Mrs. Clayton Burge and family of Hopewell, Mrs. Elizabeth Mays of Forest, Mrs. Marie Puckett and Mr. and Mrs. Robert Burge of Bedford, Mr. and Mrs. Johnny Mays of Forest Mr. and Mrs. Harold Phelps and family of Madison Heights, Mr. and Mrs. Roger Lee Burge, Mr. and Mrs. Angelo Marino and family of Lynchburg and Mr. Mack Kinny. Also Mrs. C. E. Jennings, Mrs. Herman Moore, Mr. and Mrs. Henry Burge, Mr. Donald Pugh of Concord and Mr. and Mrs. Wallace Burge of Lynchburg.

Mr. and Mrs. Howlett Drinkard, Donald Lee Drinkard, Miss Eunice Martin, Mr. and Mrs. Robert Morris, Ronnie, Carolyn and Mrs. S. G, Martin were Sunday dinner guests of Mr. and Mrs. David Martin and Pam.

Carolyn Morris spent Sunday night with Pam Martin.

We wish every one a very Mery Christmas and a Happy New Year.

Think small. If you save one person from hunger, you work a miracle. Give to CARE, New York, N.Y. 10016 or your nearest office.

Completes Course In Nurse's Aide

Astoria, Oregon – Joe Ann Humbles, daughter of Mr. Joe Humbles, Rt. 3, Box 255, Appomattox, Va., has been graduated from the Tongue Point Women's Job Corps Center after completing a course in Nurse Aide.

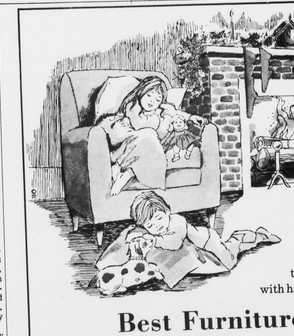
Miss Humbles will transfer to Charleston, N. C. where the Job Corps provides on-the-job training through a contract with the JCYW.

She has been a trainee at the Astoria center since August 4, 1970, Tongue Point, which is operated by the University of Oregon under a contract with the Manpower Administration of the U. S. Department of Labor, with the Philco - Ford Corp. presenting vocational training as sub-contractor, has a current enrollment of 730.

In addition to job-skill training, the Job Corps program includes remedial education and personality development, and is available to disadvantaged young women between the ages of 16 and 21.

Everyone's singing out in merriment and joy, announcing to the world that it's Christmas! And it's our time to thank you, customers, for your patronage.

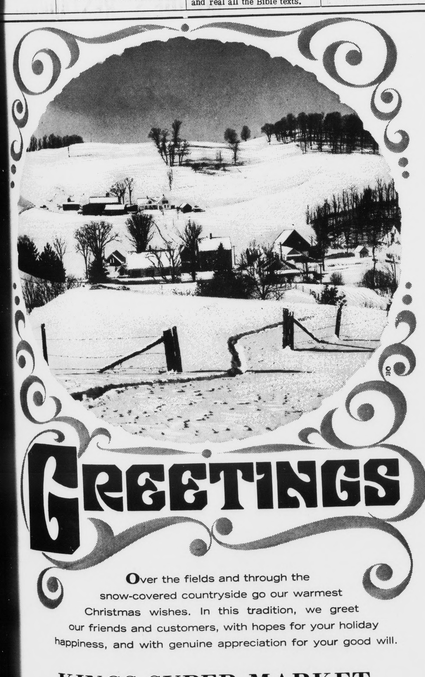
APPOMATTOX FROZEN FOOD LOCKER
APPOMATTOX, VIRGINIA



Good Wishes for Christmas

May your Christmas dreams come true, and your hearth and home be filled with happiness. To our patrons, warm thanks.

Best Furniture Company
Route 460 East Appomattox, Virginia



Over the fields and through the snow-covered countryside go our warmest Christmas wishes. In this tradition, we greet our friends and customers, with hopes for your holiday happiness, and with genuine appreciation for your good will.

KINGS SUPER MARKET
ROUTE 460
APPOMATTOX, VIRGINIA

Pastor and Mrs. Earnie W. Lucas, their two daughters, Deborah and Teresa and the entire membership of the Bible Baptist Church wish to extend to the people of Appomattox County a very Merry Christmas and a Happy and Prosperous New Year. It is their sincere prayer that your Christmas this year will be a "Spiritual" one and that Christ shall be the head of your home during the coming year.

BIBLE BAPTIST CHURCH
Appomattox, Va.